

Eddie Henry Fitness

Greek God Training Regiment

Spring 2019

Warm-Up: 20 min

Total Body Circulation: Jump Rope – 5 min

Dynamic Movement: 15 min

1. Forward Hip Swing: 30 sec per side
2. Side Hip Swing: 30 sec per side
3. Forward Lunge With Twist: 1 min
4. Reverse Lunge with Reach: 1 min
5. Triangle Stretch: 30 seconds per side
6. Overhead Squats: 1 min
7. Side Lunges(altenating): 1 min
8. Dead Lift Jump: 1 min per side
9. Ski Lunge: 1 min per side
10. Bear Pose/Down Dog: 1 min
11. Sprinters With Reach: 1 min
12. Pigeon With Tricep Pushup: 1 min
13. Dead Hang: 1 min
14. Caveman Squat: 1 min

Cooldown: 10 min

Trigger Point/Passive Stretch:

1. Trigger Point: Calf and Quad: 1 min per
2. Lacrosse Ball: Glute and Shoulder: 1 min per
3. Full IT Band Extension: 1 min per side

Workout: Approx. 30 min

- Perform each exercise to exhaustion in the safest possible way
- Perform each exercise in sequence until series is complete
- Take minimum break between exercise until series is complete
- Never let exhaustion from one exercise inhibit performance of following exercise. Rest more if needed.
- Take a much more significant break when series is over before repeating
- Complete 3 sets
- Complete each workout weekly with a cardio day in between
- I prefer hobbies for cardio like tennis or surfing, but whatever it takes

Workout 1

Warm-up

1. HiitMill Push: 1 min
2. Pullups With Elevated Feet: To Exhaustion
3. TRX Atomic Pushups: 20 Reps
4. TRX Bridge Pullups: 20 Reps
5. KB Squat With Military Press: 10 Reps
6. Battle Rope Snakes: 1 minute
7. Dead Lifts: 10 Reps

Cooldown

Workout 2:

Warm-Up

1. HiitMill Farmers Walk: 1 min
2. Assault Bike: 1 min
3. Step-Overs: 1 min per side
4. Hanging Abs: 20 Reps
5. Ski Erg: 1 min
6. Burpee Rope Slams: 20 reps
7. Weighted Walking Lunge: 10 Reps

Cool-Down

Workout 3:

Warm-up

1. Weighted Pullups: 10 reps
2. Pistol Squats: 20 Reps
3. Weighted Dips: 20 Reps
4. Bodyweight Tricep Extension: 20 Reps
5. Step Downs: 20 Reps
6. 1 Arm Pushups: 10 Reps
7. Sprints: 100 Yards

Cool-Down



